~ Compassion ~

All of us should strive to have empathy and compassion for others. Genuinely caring for, and having the ability to empathize with others, demonstrates our compassion, and if the current global pandemic has taught us little else, then being compassionate should be the key component for our society to truly function at its best.



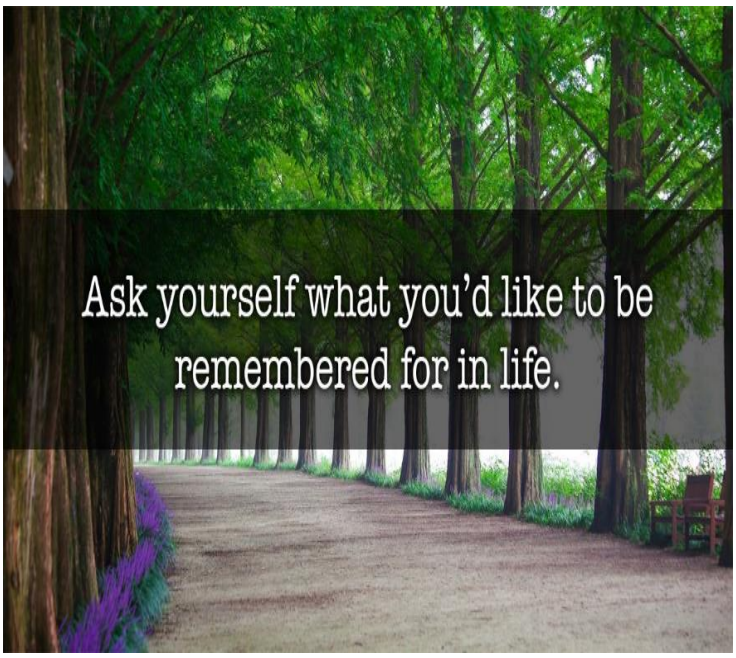
It is important to be aware, that not everyone may have had the same life experiences and opportunities as we have had, and therefore may benefit greatly from any help or assistance we are able to offer. Your compassion and consideration, towards others can make a huge difference to them, as well as to yourself. You should be mindful however, that any act of kindness should be a selfless act; Never expect anything in return! – and do remember that it is not all about you!

Be understanding, keep an open mind and try not to be too judgmental. It does not matter whether you are emotionally or physically supportive, you can always show kindness and empathy, e.g., by opening a door for someone, smiling, and (where appropriate) engage in conversation.



An example of how you may wish to consider helping, is to volunteer some of your spare time within the local community. It is a great way to help others and, can also positively benefit your own happiness and well-being as well.

Alternatively, you may want to consider anonymously paying for someone's meal, or donating to your local food bank. These are all great ways to practice acts of kindness. Remember to be mindful and express your own gratitude. Be thankful for those around you and everything that you are fortunate enough to possess in your own life. Get into the habit of saying "***Thank You***" often.



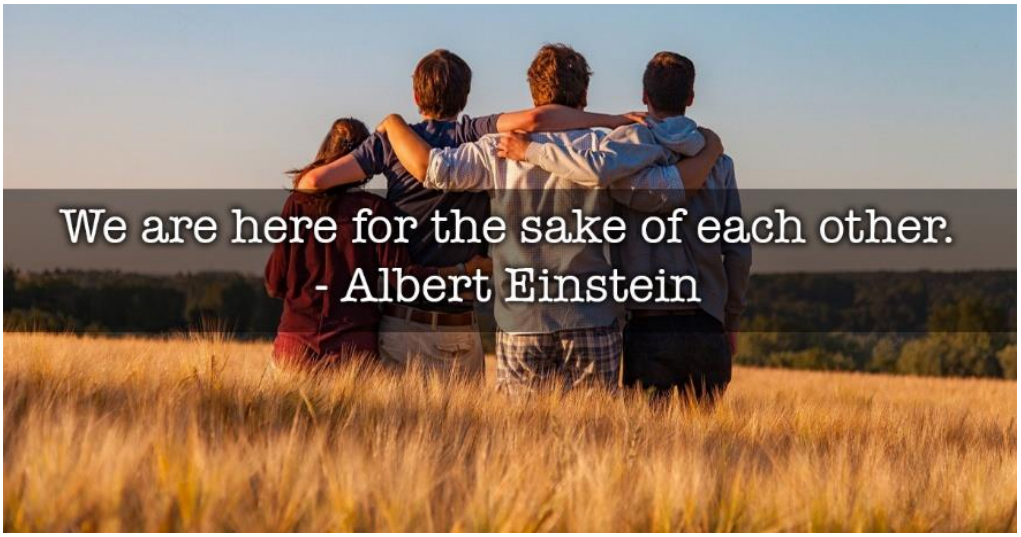
Being proactive and taking positive action to help when and where we can, is worthwhile for everybody concerned. It really does not matter how small or seemingly inconsequential the consideration is - A little is so much better than nothing at all.

"We can change the world and make it a better place

It is in your hands to make a difference."

~ Nelson Mandela ~

If by acting together, we actively adopted this as a fundamental Social Philosophy, then we could certainly make our world a better and kinder place for us all – Helping to provide a positive and meaningful life experience for everyone, including the next generation to come.



Until Next Time /.... Jonathan.

